

the buzz

October 2018

The Centers for Disease Control and Prevention (CDC) advises "Take 3" actions to fight the flu:

BE A FLU FIGHTER!

1. Take time to get a flu vaccine.

FREE flu shots are available for City of St. Louis employees as well as employees covered under the City medical plan at different City sites.

2. Take daily preventative actions to stop the spread of germs:

- Avoid close contact with people who are sick.
- If you are sick, limit contact with others.
- Cover your nose and mouth with a tissue when you cough or sneeze.
- Wash your hands with soap and water often.
- Avoid touching your eyes, nose and mouth; germs spread with this contact.

3. Take flu antiviral drugs if your doctor prescribes them.

Sign-up now for your
FREE flu shot!

**FREE
FLU
SHOTS**

- Call the BJC Health Line at 314-747-7234, Monday-Friday, 8 a.m.-6 p.m.
- Appointments will be given priority over walk-ins.
- Walk-ins are welcome but must present City ID or driver's license.
- Employees receiving a flu shot at City Hall must bring their Anthem ID card.

Oct 1	Water Department-Chain of Rocks	10650 Riverview Dr., Lunch Rm., St. Louis, MO 63137	1-2 p.m.
Oct 1	Medium Security Institution	7600 Hall St., Briefing Rm., St. Louis, MO 63137	2:45-4 p.m.
Oct 2	Carnahan Building	1114 Market St., Rm. 730, St. Louis, MO 63101	8:30-10 a.m.
Oct 2	1520 Market	1520 Market St., Conference Rm. 1, St. Louis, MO 63103	11 a.m.-1:30 p.m.
Oct 2	City Justice Center	200 S Tucker Blvd., Quiet Rm., St. Louis, MO 63102	2:30-4 p.m.
Oct 3	Water Department-McRee	4600 McRee Ave., Lunch Rm., St. Louis, MO 63110	7-8 a.m.
Oct 3	Water Department-Kingshighway	1640 S. Kingshighway Blvd., Lower Level Conference Rm., St. Louis, MO 63110	8:30-9:30 a.m.
Oct 4	Airport (Main)	10701 Lambert Intl. Blvd., Lindbergh Rm., St. Louis, MO 63145	7-9 a.m.
Oct 4	Airport (Material Mgmt.)	4780 St. Andrew Ln., Conference Rm., Bridgeton, MO 63044	9:30-10:30 a.m.
Oct 8	City Hall	1200 Market St., Rotunda, St. Louis, MO 63103	9 a.m.-1 p.m.
Oct 9	Fire A	1421 N. Jefferson Ave., St. Louis, MO 63106	10 a.m.-noon
Oct 10	Fire B	1421 N. Jefferson Ave., St. Louis, MO 63106	10:30 a.m.-12:30 p.m.
Oct 10	Family Courts*	920 Vandeventer Ave., Detention, Unit A, St. Louis, MO 63108	1:30-3:30 p.m.
Oct 11	Fire C	1421 N. Jefferson Ave., St. Louis, MO 63106	10 a.m.-noon

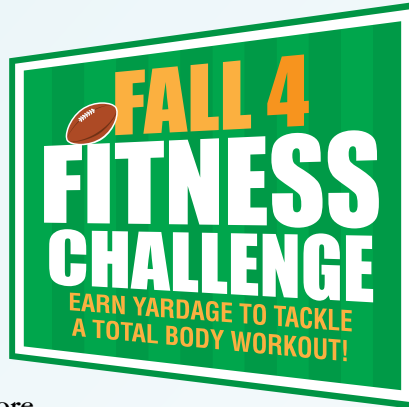
Oct 11	Equipment Services	1900 Hampton Ave., Lunch Rm., St. Louis, MO 63139	1:30-2:15 p.m.
Oct 11	Street Department	1900 Hampton Ave., Conference Rm., St. Louis, MO 63139	2:30-4 p.m.
Oct 12	Water Department-Howard Bend	Waterworks Rd., Filter Plant Training Rm., Chesterfield, MO 63017	11:30 a.m.-12:30 p.m.
Oct 12	Forestry	1415 N. 13th St., Conference Rm., St. Louis, MO 63106	3-4 p.m.
Oct 16	Board of Elections	300 N Tucker Blvd., Board Rm., St. Louis, MO 63101	8:30-9:30 a.m.
Oct 16	Building Division	2923 N. Broadway, Main Conference Rm., St. Louis, MO 63147	10-11 a.m.
Oct 16	Police Division-South Patrol*	3157 Sublette Ave., St. Louis, MO 63139	2-4 p.m.
Oct 17	Parks and Recreation	5600 Clayton Ave., Conference Rm., St. Louis, MO 63110	7-8:30am
Oct 17	Police Division-Academy	315 S. Tucker Blvd., St. Louis, MO 63102	10am-noon
Oct 18	Police Division-Central Patrol*	919 N. Jefferson Ave., St. Louis, MO 63106	7-9 a.m.
Oct 18	Refuse	1200 Central Industrial Dr., Ready Rm., St. Louis, MO 63110	1-2 p.m.
Oct 23	Police Division-Headquarters	1915 Olive St., Cafeteria, St. Louis, MO 63103	9 a.m.-noon
Oct 25	Police Division-North Patrol*	4014 Union Blvd., St. Louis, MO 63115	2-4 p.m.
Oct 30	City Hall	1200 Market St., Rotunda, St. Louis, MO 63103	9 a.m.-1 p.m.

*Limited access sites—only employees from these worksites will have access.

October Happenings

Fall 4 Fitness Challenge

Tackle a full body workout during this 4-week program! Participants will learn how to incorporate 4 aspects of fitness for a complete workout: nutrition education, cardiovascular conditioning, strength training and mind-body exercises. Instructional workouts, instructor led workshops and Most Valuable Photo (MVP) challenge will help participants score a touchdown!



Start date: Monday, October 22

End date: Sunday, November 18

Prizes:

- All who successfully complete the program will be entered into a \$100 gift card raffle.
- Answer the weekly trivia to score an extra chance to win 4 additional Bee-Fit prizes valued at \$25 or more.

Sign up by contacting Bee-Fit Wellness Coordinator Cathy Hargrove at hargrovec@stlouis-mo.gov or by phone at 314-622-4849.

The City of St. Louis Employee Fitness Center located at 1114 Market Street, Seventh Floor, will open on Monday, October 1, 2018. The hours of operation will be Monday - Friday 7 a.m.-6 p.m. The Fitness Center can only be used off duty and is not eligible for Bee-Fit time. Employees must sign up to use the Fitness Center. Please contact Bee-Fit Wellness Coordinator Cathy Hargrove at hargrovec@stlouis-mo.gov or 314-622-4849 to sign up or if you have any questions.

October Blood Pressure Clinics

Join BJC nurse Sharon Brightfield as she measures your blood pressure and provides education on maintaining healthy hypertension levels.

Click [here](#) for the Blood Pressure Clinic schedule.



Find answers to the below questions in this current October Buzz edition. Submit answers to the questions below by e-mailing Bee-Fit Wellness Coordinator Cathy Hargrove at hargrovec@stlouis-mo.gov, faxing 314-612-1488 or calling 314-622-4849 no later than October 15 to be eligible for entry into the raffle for a Bee-Fit prize.

1. Name one action the CDC recommends in this Buzz edition to fight the flu?
2. What phone number do you call to schedule a flu shot appointment?
3. What Bee-Fit challenge begins on October 22?



August Wellness
Trivia Winner
Christina Bruening



Provided by:
Department of Personnel and BJC HealthCare
for the Bee-Fit Wellness Program

For more information:
Contact Cathy Hargrove at 314-622-4849 or
hargrovec@stlouis-mo.gov

Look for us on:

BJC HealthCare